



Howard County

RECREATION & PARKS

EXPRESS YOURSELF



**ADULT
PROGRAMS**
RECREATION & EDUCATION

Morocco at its Best with Chef Ravi

Adult 18 yrs + Virtual Cooking Class

Ingredients List

Vegetable couscous with peas and mint

- 2 cups. vegetable broth, or water
- 4 Tbsp. olive oil -divided into 2 equal portions
- 2 cups. couscous
- 1 c. baby sweet peas, thawed
- ¼ c. golden raisins
- 2 Tbsp. almond slivers, lightly toasted
- Salt- to taste
- freshly ground black pepper
- 2-3 Tbsp. minced fresh mint
- 2- 3 Tbsp. minced fresh basil
- 1/2 lemon, for Juice

Moroccan Chicken Stew

- 2 Tbsp. olive oil
- 1 large red onion diced finely
- 2-3 large carrots peeled and diced
- 6 cloves garlic minced
- 2 Tbsp cumin powder
- 1 tsp. crushed red pepper
- 4 cups chicken stock
- 15 oz can chickpeas drained, rinsed
- ½ lb. roasted tomato
- 2 lb. chicken breasts or thighs cut into bit sized pieces
- 1 cup cilantro
- 1 ½ tsp. lemon zest

Chickpeas and lentil soup

- 2 tablespoons olive oil
- 1 onion, halved and sliced
- ¼ tsp. ginger
- ¼ tsp. turmeric
- ½ tsp. cinnamon

- 1/16 tsp. saffron
- 2 cups chopped tomatoes
- 1 cup. brown or green lentils
- 2 quarts chicken /meat or vegetable stock
- 2 cups cooked chicken peas chickpeas
- ½ bunch cilantro
- ½ bunch parsley

Supply list

- 2 large cooking pots with lids
- 1 large mixing bowl
- soup bowls/Soup Spoons
- Pasta plate/Soup plate/deep plate to serve cous cous and chicken.
- Wooden cooking spoons
- Heavy duty blender